

Recipes Kids and Grandkids can Help make this Summer!



Microwave Egg Sandwich

- 1 piece Canadian bacon
- 1/4 cup egg substitute
- 1 tablespoon salsa
- 1 tablespoon shredded reduced-fat cheddar cheese
- 1 whole wheat English muffin, split, toasted
- 3 spinach leaves

Directions

1. Place Canadian bacon on bottom of a 6-oz. ramekin or custard cup coated with cooking spray. Pour egg substitute over top. Microwave, uncovered, on high for 30 seconds; stir. Microwave 15-30 seconds or until egg is almost set. Top with salsa; sprinkle with cheese. Microwave just until cheese is melted, about 10 seconds.

2. Line bottom of English muffin with spinach. Place egg and Canadian bacon over spinach; replace English muffin top. <https://www.tasteofhome.com/recipes/microwave-egg-sandwich/>

No-Churn Blueberry Graham Cracker Ice Cream

- 3/4 cup fresh or frozen blueberries
- 1/4 cup sugar
- 1 tablespoon vanilla extract
- 2 cups heavy whipping cream
- 1 cup sweetened condensed milk
- 4 whole graham crackers, coarsely crushed



1. In a small saucepan, combine blueberries, sugar and vanilla. Bring to a boil; reduce heat. Simmer until mixture begins to thicken, about 5 min, stirring frequently. Cool completely. Refrigerate until chilled.
2. In a large bowl, beat cream until soft peaks form. Add condensed milk; beat until mixture thickens. Gently fold graham crackers into cream mixture. Transfer to freezer containers, allowing headspace for expansion. Drop blueberry mixture by tablespoons over ice cream. Cut through ice cream with a knife to swirl. Freeze for 8 hours or overnight before serving.

<https://www.tasteofhome.com/recipes/no-churn-blueberry-graham-cracker-ice-cream/>



Pepperoni Pizza Wrap

- 1 stick light string cheese
- 1 medium-large high-fiber flour tortilla
- 2 tablespoons pizza sauce
- Dash Italian seasoning
- Dash garlic powder
- Dash onion powder
- 1/4 cup chopped spinach leaves
- 1/4 cup canned stewed tomatoes, roughly chopped, patted dry
- 1 tsp. reduced-fat Parmesan-style grated topping
- 6 pieces turkey pepperoni, chopped

Directions

1. Set toaster oven to highest setting.
2. Tear string cheese into pieces and roughly chop. Set aside.
3. Place tortilla on a microwave-safe plate and microwave for 10 seconds, or until just warm. Evenly spread sauce onto the center of the tortilla, and sprinkle with a dash of each of the spices. Top with spinach, stewed tomatoes, Parm-style topping, chopped turkey pepperoni, and shredded/grated string cheese.
4. Wrap tortilla up like a burrito, folding the sides in first, and then rolling it up from the bottom. Place wrap on a microwave-safe plate, seam side down, and warm in the microwave for 30 seconds.
5. Transfer wrap to the toaster oven and cook until hot on the inside and slightly crisp on the outside, about 3 min. Dig in!

<https://www.foodnetwork.com/recipes/pepperoni-pizza-wrap-recipe-1925387>

Your kids will never remember
the long hours you spent
putting bread on the table.
But they *will* remember that
one awesome afternoon you
spent baking with them.

EP David

Rainbows and Butterflies Pasta Salad

8 oz. bow tie pasta, preferably whole grain
3 tbsp. plus 1 tsp. extra-virgin olive oil
1 cup corn kernels, thawed if frozen
1 cup shelled edamame, thawed if frozen
1 medium red bell pepper, diced
2 medium carrots, shredded (about 1/2 cup)
1/3 cup grated parmesan cheese (about 1 oz.)
Salt



Directions

1. Cook the pasta as the label directs. Drain and toss with 1 teaspoon olive oil to prevent sticking; let cool.
2. In a large bowl, toss the cooled pasta with the corn, edamame, bell pepper and carrots. Drizzle with the remaining 3 tablespoons olive oil and toss to coat. Add the parmesan and 1/4 teaspoon salt; toss again and season to taste. 4 Servings.

<https://www.foodnetwork.com/recipes/ellie-krieger/rainbows-and-butterflies-pasta-salad-recipe-1972841>



Chocolate and Strawberry Stuffed French Toast

3 eggs
1 1/4 cups nonfat milk
1/2 teaspoon vanilla extract
1/4 cup part-skim ricotta cheese
8 slices of whole-wheat sandwich bread, crusts removed
1 (8-oz.) container strawberries, hulled and sliced
4 tsp. bittersweet chocolate chips
Cooking spray
2 tsp. confectioners' sugar

Directions

1. In a large bowl, whisk together the eggs, milk and vanilla. Set aside.
2. Place 1 tbsp. of ricotta in the center of 4 of the pieces of bread and spread around slightly. Top with about 6 slices of strawberries and a tsp. of chocolate chips. Cover each with another piece of bread to make a "sandwich".
3. Spray a large nonstick skillet or griddle with cooking spray and preheat. Carefully dip each of the "sandwiches" into the egg mixture until completely moistened. Then place on the skillet and cook over a medium heat for 3 to 4 min. per side, until the outside is golden brown and the center is warm and chocolate is melted.
4. Transfer to serving places. Top with remaining strawberries and sprinkle with confectioners' sugar.

<https://www.foodnetwork.com/recipes/ellie-krieger/chocolate-and-strawberry-stuffed-french-toast-recipe-1953446>

Peanut Butter Split Smoothie

1 ripe banana, quartered and frozen
1/2 cup nonfat milk
1/4 cup plain nonfat yogurt
1 1/2 tbsp. creamy, natural, peanut butter



Directions

1. Put all of the ingredients into a blender and blend until smooth.

<https://www.foodnetwork.com/recipes/ellie-krieger/peanut-butter-split-smoothie-recipe-1957586>



JUST KIDDING

